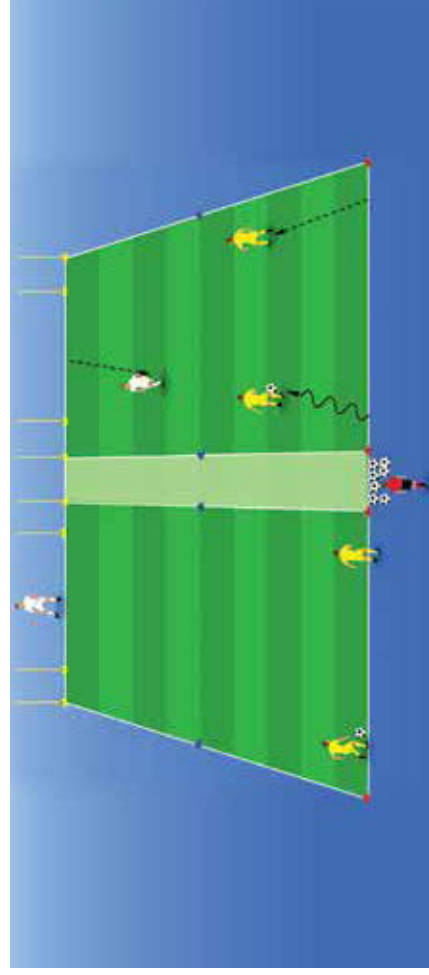


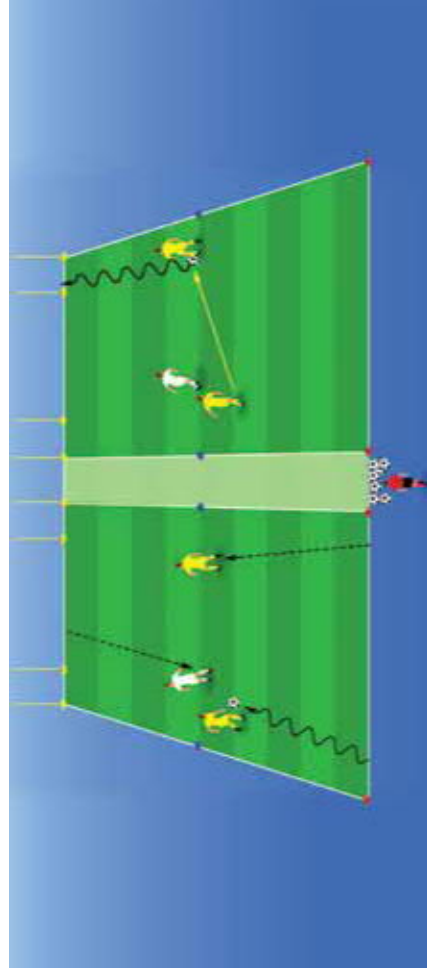
RUNNING WITH THE BALL

5-10
MINUTES
Recommended

Intervention: Skill Breakdown (Attacking) Into Space



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Suggested equipment list:

- 20 cones, 12 balls, 2 sets of bibs, 2-4 portable goals, 12 portable poles

Grid size:

- Create 15 x 7 metre grids with two side goals as shown (guide only)

Explanation:

- Position 3 players per grid: 2 attackers versus 1 defender (top picture)
- Game starts when a yellow player runs with the ball inside the grid
- As the yellow player runs with the ball, the white defender from the opposite end is allowed to enter the grid to defend in a 2v1 duel

Scoring system for attackers:

- 2 points for running with the ball into any of the 2 side goals (bottom picture)

Scoring system for the defender:

- 1 point for winning the ball and running with it to the attackers' starting line

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Swap roles of attackers and defender regularly.

Key Coaching Questions:

- **Pre-action:** Can you keep the ball within your control? Can you keep your head up to see your opponent?
- **Action:** Are you able to take heavier touches into open space?
- **Post-action:** Can you sprint to the ball and push again?

Key Coaching Words:

- **Scan** - encourage players to keep head up with vision on opponent
- **Big** - encourage players to take heavier touches into open space
- **Sprint** - encourage players to sprint to the ball and push again